

Masters Indoor Track & Field Championships of Ireland Nenagh

Saturday 16th February 2008

Regulations & Timetable

1. Athletes must wear their club colours
Only 5mm spikes may be used in both track and field
2. **A female athlete becomes a Master athlete on her 35th Birthday**
A male athlete becomes a Master on his 35th Birthday
3. Athletes must check in at least **60 minutes** before the event on the day

TRACK				FIELD		
11.30	3000 walk	Women		11.30	High Jump	Women
	3000 walk	Men		12.00	Long Jump	Men
12.15	800m	Women	Final			
	800m	Men	Final	13.00	Shot Putt	Women
12.45	60m	Women	Heats			
	60m	Men	Heats	13.15	Long Jump	Women
13.15	400m	Women	Final			
	400m	Men	Final	13.45	Shot Putt	Men
14.00	60m	Women	Final			
	60m	Men	Final			
14.15	3000m	Women	Final	14.45	High Jump	Men
14.45	200m	Women	Heats			
	200m	Men	Heats			
15.30	1500m	Women	Final			
	1500m	Men	Final			
16.00	3000m	Men	Final			
16.30	200m	Women	Final			
	200m	Men	Final			

If necessary Finals will be held at Heat Time

Doping is Cheating AAI is Committed to Drugs Free Sport